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Our team provides high-quality online classes, covering each chapter of Accounts, Business Studies, Physical Education, maths, and English, helping students develop a deep understanding of the entire syllabus. Students can download the CBSE Physical Education Class 12 book PDF in English from here: The syllabus for class 12 Physical Education covers a wide range of topics, including diagrams, case studies, and tables for each chapter. The book discusses various planning-related topics such as committees' responsibilities, tournament types, and intramural/extramural activities. It also delves into the importance of nutrition, including balanced diets, macro and micro nutrients, and weight management. Moreover, the unit covers the role of asanas in preventive measures for different health issues like obesity, diabetes, asthma, hypertension, and back pain. Students will learn about specific asanas that benefit each condition and how to perform them correctly. By studying this unit, learners can identify beneficial asanas for different ailments, recognize their importance in prevention, describe the procedure for performing various asanas, distinguish contraindications associated with different asanas, and outline the role of yogic management in achieving health benefits. This syllabus aims to equip students with a comprehensive understanding of physical education and sports, particularly focusing on children with special needs. The concept of disability and disorder is also explored in detail within this unit. of Motor Development in Children with Special Needs, its Causes & Nature (cognitive disability, intellectual disability, physical disability)Types of Disorders affecting Motor Development (ADHD, SPD, ASD, ODD, OCD).Importance of Disability Etiquettes and Strategies for Accessibility.Strategies to Make Physical Activities Accessible for Children with Special Needs.In this chapter, you will learn to describe the concept of Motor Development in children and how it is affected by various factors.Outline common disorders that affect motor development and explain their causes and nature.Explain disability etiquettes and list their advantages.List advantage of physical activities for children with special needs.Explain Strategies to make physical activities accessible for children with special needs.Motor skill development and its affecting factors.• Exercise guidelines at different stages of growth and development.Common postural deformities-knock knees, flat foot, round shoulders, Lordosis, Kyphosis, Scoliosis, and bow legs and their respective corrective measures.Women's sports participation in India.Sports participation of women is becoming increasingly important in India to ensure a healthy lifestyle and reduce the risk of eating disorders.Female athlete triad (osteoporosis, amenorrhea, eating disorders).At the end of the chapter, you will be able to:Understand the concept of motor development and its affecting factors.Discuss exercise guidelines for different stages of growth and development.Classify common postural deformities and identify corrective measures.Recognize the role and importance of sports participation of women in India.Identify special considerations related to menarche and menstrual dysfunction.Express female athlete triad according to eating disorders. 1. Testing for Aerobic Endurance. 2. Physiological Factors in Physical Fitness 3. Exercise Effects on Body Systems 4. Aging-Related Changes 5. Sports Injuries Classification 6. First Aid Objectives 7. Biomechanics in Sports 8. Movement Types and Forces 9. Newton's Laws of Motion 10. Friction in Sports 11. Personality Traits and Motivation The various aspects of sports motivation and exercise benefits will be explored in this unit. Strategies for maintaining physical activity adherence, differentiating types of aggression in sports, and understanding strength, endurance, speed, flexibility, and coordinative abilities will also be discussed. Furthermore, the importance of circuit training and its significance in overall development will be highlighted. Students will learn to classify various exercise methods, differentiate between techniques to improve flexibility and endurance, explain coordinative abilities, and describe the concept of circuit training. In addition to this unit's content, students can utilize online CBSE textbooks for physical education class 12 that offer interactive features such as audio, video, and animations. These digital resources enhance understanding and allow for easy note-taking by copying and pasting content directly from the books into separate notes files. The convenience of accessing and sharing these online books is also a significant advantage. Students can download multiple textbooks on a single device, making it easier to carry educational materials anywhere without the weight of physical books. Before diving into the sample papers, students need to be aware of the revised syllabus for Physical Education in 2023-24. The revised CBSE class 12 Physical Education Syllabus is available below in PDF format and can be downloaded through Vidya Setu. The syllabus consists of 10 theory topics and 3 practical topics, with a total weightage of 100 marks. It includes subtopics such as management of sporting events, children and women in sports, yoga as preventive measure for lifestyle disease, and more. Vidya Setu is an online portal that provides free video classes to class 11th and 12th students, covering various subjects including Physical Education. The platform offers high-quality recorded video lectures, regular doubt-solving classes, and a comprehensive study material suitable for CBSE, State Board, and other Boards. To help students prepare better, Vidya Setu also conducts online mock test series and provides sample papers, previous year question papers, and compartment papers. Students are advised to solve the sample papers and go through the marking scheme to reduce exam pressure. Students looking for the latest sample papers, revised syllabus, notes or NCERT solutions can find it at Vidya Setu or on the official website of CBSE. Q1: Does NCERT provide any Physical Education Book? A: No, there is no such book provided by NCERT or CBSE on physical education. Q1: Given that CMSE and NCErt textbooks don't include books, what's their alternative move? CMSE & NCErt have no choice but to rely on private publishers for materials. Q2: What does Physical Education aim to achieve in students? Physical education is meant to develop physical competence and knowledge of movement, safety, and the ability to perform various activities for an active lifestyle. Q3: Do students find Class 12 Physical Education challenging? No, it's considered one of the easiest subjects in CBSE Class 12, as a bit of effort can lead to high scores on the paper. Q4: What are the four main objectives of physical education? Four key goals: Physical Development, Social Development, Emotional Development, and Mental Development. Q5: How crucial is a Class 12 Physical Education book for students? A good textbook provides essential content and resources for understanding physical education's theory and practical aspects. Q6: What topics does a typical Class 12 Physical Education book cover? Common subjects include sports & games, fitness & wellness, training methods, psychology in sports, and more. Q7: Where can one find the PDF version of a Class 12 Physical Education textbook? You can download it from Vidya Setu.